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Among the repairs started on The Cube is the installation of a new back entrance made out of plywood. BERNICE PONTANILLA/METRO

Cube defects can be fixed by June: City

Legal advice. City says payments for Old Market Square fixture have been withheld

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The Cube isn't a lemon; it just needs some TLC.

City officials have delivered a progress report on the beleaguered stage in Old Market Square Park to councillors on the downtown development committee.

In fact, officials are hopeful all of the problems with The Cube, which boil down to the metal curtain and lights, can be fixed by mid-June.

"At the end of the day, it's our Cube and our park, and we're going to get it addressed," said John Kiernan, city manager of urban design.

Committee chair Coun. Mike Pagtakhan requested another progress report be delivered on May 27.

He also said that the city has not ruled out lawsuits if contractual obligations on The Cube's structure and maintenance were not met.

"If there was a gap there, we'll definitely seek some legal advice," said Pagtakhan.

Kiernan said the city has withheld payment to the companies involved. This money, along with any funds derived from potential lawsuits, will be used toward repairs.

Brian Timmerman, executive director of the Exchange District Improvement Zone, said many of the Cube's deficiencies date back to when it opened four years ago.

Among the problems: repairs to winches, main cables, safety cables, rollers and hardware; wear and tear on the concrete by the metal curtain; and the stage's stairwell.

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Fort Garry

Winnipeg library closing for renos

Starting next month the Fort Garry Library will begin writing its next chapter.

The library at 1360 Pembina Hwy. will close temporarily starting at the end of the day on May 11 to undergo renovations.

The improvements include new lighting, windows, flooring and paint, as well as a new roof, renovated washrooms and the addition of an expanded multipurpose room.

During the work, which is expected to take until fall, holds and requests for Fort Garry Library customers will be available at the Pembina Trail Library at 2724 Pembina Highway or at another selected branch. METRO

Hypothermia

Manitoba father, daughter rescued from frigid water

A Manitoba father and daughter are recovering from hypothermia and are lucky to be alive after fire crews had to rescue them from frigid fast-moving floodwaters in the RM of Ste. Rose Saturday.

The pair had tried to cross a flooded-out low-level bridge on a rural road when their vehicle died and became stuck. The girl was swept downstream while her father held on to the vehicle's rooftop.

When emergency crews arrived they found the girl holding onto a tree in the icy water and fire fighters entered the neck-high water to rescue her. METRO

Rising water. Red River Floodway gates now open

Manitoba Infrastructure and Transportation raised the gates on the Red River Floodway at 6 p.m. Monday after water levels upstream rose 6.6 feet in the last 24 hours.

As of Monday morning the levels upstream were at 750.7 feet above sea level, and levels are expected to continue to rise at a similar rate because of increasing flows from tributaries.

The level of the Red at James Avenue in Winnipeg was at 14.2 feet as of 8 a.m. Monday and levels could reach between 16.5 to 17.5 feet by the same time Tuesday. METRO

The Red River Floodway
THE CANADIAN PRESS

Mad Cow. Police corral street gang members

Winnipeg police say they've made a "significant impact" on street-level drug dealing in the city with the arrest of 11 members of the Mad Cow street gang.

The arrests — which include nine primary Mad Cow members — came after police started an investigation into street level cocaine dealers in February dubbed Project Recall.

"Definitely this is going to disrupt their ability to sell drugs on the streets of Winnipeg," said Staff Sgt. Max Waddell of the Street Crime Unit.

Police are still looking for the public's help tracking down one suspect, Terryl Izzard, 18, who's facing four counts of trafficking cocaine. Izzard is described as black, 5'8" tall, about 127 pounds with a thin build. Anyone with information should call police at 204-986-8430 or Winnipeg CrimeStoppers at 204-786-TIPS. SHANE GIBSON/METRO

Councillor's proposed cuts cause an outcry

Infrastructure crisis. Russ Wyatt calls Man. budget an 'earthquake'

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Coun. Russ Wyatt says he's standing by his comments that drastic cuts are needed to fund a new existing regional street and bridge renewal reserve, comments that ignited a firestorm at city hall.

Wyatt proposes cutting everything from the second phase of the rapid transit corridor to grants for non-profits, to ending the entertainment and business tax refunds for True North Sports and Entertainment, for a grand total of just under $200 million.

But the cuts Wyatt listed also include controversial items passed in the city's recent budget, including the $600,000 increase to councillors' ward allowances and the $330,000 office of policy and communications. "I'm trying to challenge my colleagues and say 'let's work together,'" said Wyatt, adding the Manitoba budget, and its one per cent increase to the PST is not addressing the "infrastructure crisis" facing the city.

"We have some huge projects coming up and we have no money (to pay for them) … That budget was like an earthquake, it's changed everything."

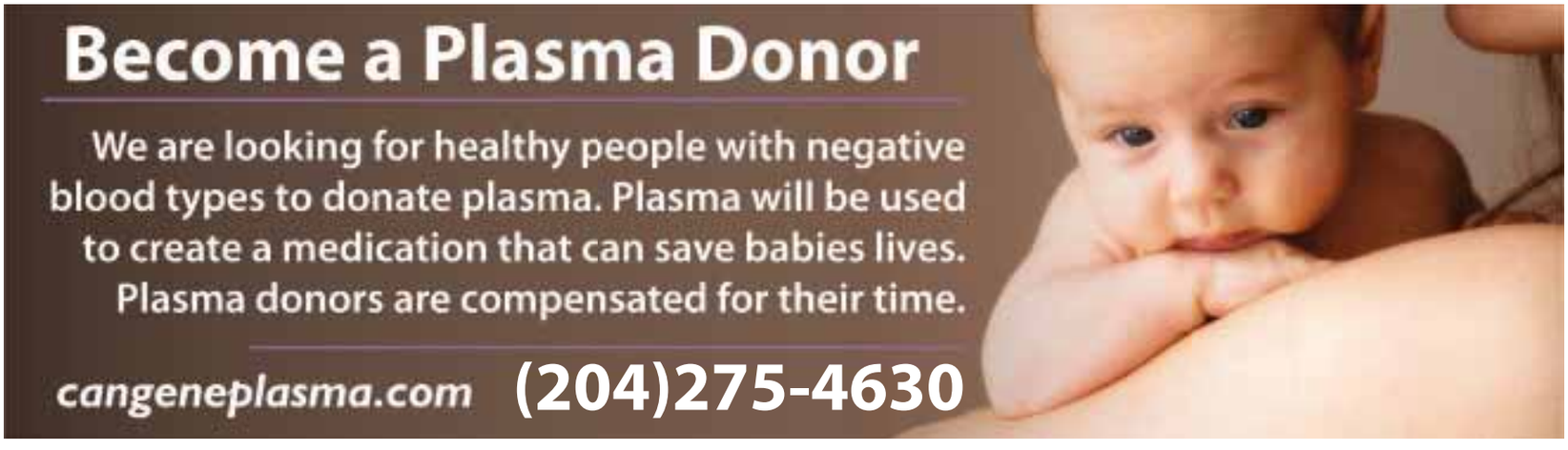
Coun. Harvey Smith (Daniel McIntyre) called Wyatt's comments "wild" and said the councillor should step down from his roles as chair of the finance committee and member of Mayor Sam Katz's executive policy committee. "We can't cut those, I mean, the city is more than its roads," said Smith.

Wyatt said he agrees with Smith that a city is more than just roads, but "if we don't replace bridges and fix roads, our economy as a city will be directly impacted."

Coun. Wyatt's savings list:

- **Transit corridor:** $137.5M
- **Assiniboine Park Conservancy Grant:** $12.2M
- **Tax refunds for True North:** $6.4M
- **Wpg Arts Council grant/ public art:** $4.5M
- **Close Arlington Bridge:** $3.5M

Coun. Russ Wyatt said the Manitoba budget was an 'earthquake' for Winnipeg. BERNICE PONTANILLA/METRO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Transit Tuesday

Weekly Transit News Update

SOUTHWEST TRANSITWAY WINS ENGINEERING AWARD

Winnipeg's Southwest Transitway Project received the prestigious Award of Excellence in the Infrastructure and Transportation category at the Association of Consulting Engineering Companies (ACEC) of Manitoba 2013 Awards of Excellence event held recently.

"Winnipeg Transit is excited and honoured to have Stage One of the Southwest Transitway recognized at the 2013 ACEC Awards of Excellence Event," said Dave Wardrop, director of Winnipeg Transit.

The 3.6 km Transitway extends from Queen Elizabeth Way and Stradbrook to Pembina and Jubilee. A complex project in both design and construction, the Southwest Transitway was built within an existing dense, urban environment on an alignment in immediate proximity to the CN mainline, the Red River, a Manitoba Hydro substation, major arterial roads, multiple underground utilities, and several private properties. The Transitway construction project included two major structures - the Osborne Station that overpasses Osborne Street and a 600-foot tunnel beneath the CN rail line.

The ACEC recognized the best of Manitoba's engineering profession in innovation, the advancement of technology and contributions to society at its annual awards event attended by representatives of the engineering industry, government and Manitoba's business community.

ABOUT THE SOUTHWEST TRANSITWAY

Officially opened on April 8, 2012, the Southwest Transitway is a high-speed roadway just for buses, physically separated from the regular street system. Buses on the Transitway can operate at speeds up to 80 km/h providing fast and reliable service.

Bus-only access roads between the Transitway and the street system let Rapid Transit (RT) buses operate both on the street and on the Transitway. This routing flexibility provides one-seat travel without transfer for most passengers traveling between southwest Winnipeg and downtown. For customer comfort and convenience three stations were constructed along the Transitway, including Osborne Station, Harkness Station at Harkness and Stradbrook and Fort Rouge Station, west of Osborne Street at the end of Morley Ave.

Visit winnipegtransit.com for more information about the Southwest Transitway or better yet, take a ride on the RT and see this award winning project yourself!

Iraq war resister Kimberly Rivera speaks at a press conference in Toronto last summer.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

U.S. soldier pleads guilty to desertion

Sentenced to 10 months in prison. Facing a second tour in Iraq, Rivera came to Canada in 2007 claiming refugee status, but was denied

A female soldier in the U.S. Army has pleaded guilty to desertion after fleeing to Canada to avoid a second tour of duty in the Iraq war.

Pfc. Kimberly Rivera entered her plea Monday and was sentenced to 10 months in prison and a bad-conduct discharge. The 30-year-old has said she became disillusioned with the U.S. mission in Iraq while serving there in 2006.

During a two-week leave in the U.S. in 2007, Rivera crossed the Canadian border after she was ordered to serve another tour in Iraq. She applied for refugee status but was denied.

She was the first female U.S. Army soldier to flee to Canada to avoid a second tour of duty in the Iraq war.

Rivera then applied for permanent residency, but Canadian immigration officials rejected that application, too. Authorities also rejected her requests to stay on humanitarian and compassionate grounds.

Rivera was first ordered to leave Canada or face deportation in 2009, but she appealed that decision. The mother of four faced another deportation order issued in 2012.

She was arrested at the U.S. border and taken into military custody.

Roughly 19,000 people signed an online petition in Canada protesting Rivera's deportation order, and rallies were held in a number of Canadian cities calling on the government to let her stay in the country.

THE ASSOCIATED PRESS

Others out there

200

In 2012, the War Resisters Support Campaign, a Canadian activist group, estimated there were about 200 Iraq war resisters in Canada.

Toronto couple wanted in kidnapping, jewelry scam

Police say a couple wanted in a Toronto kidnapping scammed several people out of money and jewelry in recent months and may have committed offences from Montreal to Vancouver.

Det. Sgt. Savas Kyriacou says a man and woman have been linked to at least nine incidents in Toronto between May and October of last year, and another earlier this month.

He says the couple typically approaches its target by claiming an illness or asking for directions to a hospital, then offers a fake gold necklace as a reward for assistance.

Kyriacou says one of the suspects then tries to place the necklace around the victim's neck and uses the opportunity to steal real gold jewelry the person is wearing.

In the most recent incident, police allege the suspects pressured a 68-year-old woman into buying a fake gold necklace, then followed her home and intimidated her into giving them more money.

Police say the suspects then drove her to a bank to withdraw more cash, which they took — an incident police are calling a kidnapping.

They say the couple drove a rental car between Vancouver and Montreal and may have committed other offences in that time.

Constantine Caldararu and his wife Elisa, both 34, are wanted for fraud, kidnapping, forcible confinement, robbery, extortion, possession of property obtained by crime and possession of proceeds of crime.

THE CANADIAN PRESS

Used donor sperm

Mother forced daughter, 14, to get pregnant

A woman desperate for another child forced her 14-year-old daughter to get pregnant using syringes of donor sperm, a British judge said.

In a ruling reported Monday, High Court judge Peter Jackson said the mother had behaved in "a wicked and selfish way."

THE ASSOCIATED PRESS

Turkish hospital

Woman who got womb transplant is 6 weeks along

A hospital says a Turkish woman who became the first person to successfully receive a donor womb is six weeks into a "healthy" pregnancy.

Derya Sert, 22, was born without a womb and had one transplanted in August 2011.

THE ASSOCIATED PRESS

Romantic rivals

Attack of the salad dressing bottle

Police say an 18-year-old woman is facing an assault charge after allegedly attacking a romantic rival with a bottle of salad dressing.

Officers responded Sunday morning to a report of a physical disturbance inside an apartment in northeastern Ontario.

THE CANADIAN PRESS/CKQM

Put out to pasture

B.C. Conservative candidate to run as Independent

A recently fired B.C. Conservative candidate has a beef with the party and has found a unique way to both announce he's running as an Independent and strike back at the party leader for firing him.

In a YouTube video, Boundary-Similkameen candidate Mischa Popoff appears standing in a fenced pasture and declares that he won't be bullied by the Conservatives. THE CANADIAN PRESS

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CBC

From omnibus to 'minibus'

Finance Minister Jim Flaherty tabled a trimmed-down budget bill Monday that he promised would face the proper parliamentary scrutiny. But the official opposition says the legislation still needs to be chopped up. Here are five things you need to know about the changes.

THE CANADIAN PRESS

1 Tories under fire

The Conservatives faced intense criticism over their so-called "omnibus" budget bill last year, which was stuffed with a laundry list of policy measures. The NDP and the Liberals introduced more than 1,000 amendments to register dismay with both the process and the content.

2 Shedding about three quarters

Flaherty did not acknowledge a link between the criticism last year and the shorter bill this year. This year's legislation comes in at 125 pages, compared with 452 last year.

"So we'll have a minibus instead of an omnibus?" Flaherty joked to reporters after question period Monday.

3 Keeping Canadian jobs for Canadians

After weeks of public outcry over the scarcity of Canadian jobs, changes to the Temporary Foreign Workers program increased the lengths to which employers must go to find Canadian staff before they're allowed to bring in foreign labour.

Employers will no longer have flexibility to set the wages for foreign labour, calling a halt to what was known as the 15 per cent rule, Immigration Minister Jason Kenney told a news conference.

That rule allowed businesses to pay foreign workers up to 15 per cent below median wages, if that's what they were paying Canadians.

The Conservatives are also calling a temporary halt to a program that fast-tracked the ability of some companies to bring in workers from outside Canada through what's known as an accelerated labour market opinion.

4 Trimming down the bureaucracy

Flaherty is also warning of more job cuts in the federal public service.

"We have a lot of duplication of government services. And, as you know, we have a plan which has been set out in the last two budgets to reduce the size of our own spending by something less than five per cent," said Flaherty.

5 Hold the cuts: Budget officer

At the same time, the parliamentary budget officer's latest report is warning that the government's cuts will act as a drag on both job creation and economic growth.

The report predicted the government will announce an even bigger surplus — $3.7 billion rather than $800 million — in the critical 2015-16 year when the Harper government is to face the electorate in a fall vote.

Bangladesh factory. Loblaw to compensate building collapse victims

The only Canadian retailer to publicly acknowledge it used a manufacturer in a poorly made Bangladeshi building that collapsed and killed hundreds last week said Monday it will pay compensation for the families of victims.

Loblaw Inc. — which had some products for its Joe Fresh clothing line made in one of the garment factories in the building — said it aimed to ensure victims and their families "receive benefits now and in the future."

"We are working to ensure that we will deliver support in the best and most meaningful way possible," company spokeswoman Julija Hunter said.

Loblaw will be compensating families of victims of a collapse at a factory supplying its Joe Fresh products. GRAHAM HUGHES/THE CANADIAN PRESS

At least 382 people died after the illegally constructed eight-storey Rana Plaza collapsed in Savar, Bangladesh, on Wednesday. About 2,500 survivors have been accounted for. THE CANADIAN PRESS

Kosovo. Prosecutor calls for law against buying human organs overseas

Ottawa must pass legislation barring Canadians from buying human organs in foreign countries, a Canadian prosecutor who led a landmark case against several traffickers in Kosovo said Monday.

While the commercial trade of human organs is illegal in most countries, there is no law banning Canadians from taking part in so-called transplant tourism, Jonathan Ratel said from Kosovo's capital, Pristina.

"It is not illegal for Canadians to exit their own country and travel abroad to the sub-continent, to Asia, to Africa and to Eastern Europe and purchase organs there on the black market for transplantation and then return home to Canada," he said in a phone interview.

Organ trafficking

"Parliament needs to clearly look at legislation banning (Canadians) from ... engaging in what's called transplant tourism."

Canadian prosecutor Jonathan Ratel

Ratel, who works for the European Union's rule of law mission in Kosovo, brought charges against seven people suspected of running an international organ-trafficking ring that took kidneys from poor donors lured by financial promises. THE CANADIAN PRESS

Growing labour dispute

Alberta courts plan to run despite striking staff

The Alberta government is trying to slam a legal lid on an illegal strike by jail guards that has already boiled over into the province's court system.

The government went to court late Monday afternoon to ask a judge to find the Alberta Union of Provincial Employees in contempt of court for defying a Saturday labour board ruling that ordered Edmonton Remand Centre guards back to work.

The government made the move after provincial sheriffs, court clerks and social workers picketed in Edmonton, Calgary and Lethbridge. THE CANADIAN PRESS

Dismemberment case

Luka Rocco Magnotta to stand trial in fall 2014

The trial of accused killer Luka Rocco Magnotta will begin in September 2014, more than two years after his arrest in the death of university student Jun Lin.

Magnotta appeared on Monday in a Montreal courtroom, where his jury trial was set for Sept. 15, 2014. It is scheduled to last six to eight weeks.

Defence lawyer Luc Leclair requested an earlier start date and even asked the judge whether April 2014 would be a possibility. Justice Andre Vincent replied that nothing was available before September. THE CANADIAN PRESS

Gas blast rocks Prague

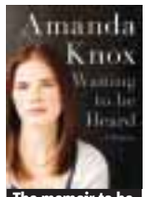
A paramedic helps an injured woman after an explosion in downtown Prague, Czech Republic, on Monday. A powerful blast believed to be a gas explosion ripped open an office building in the city centre, injuring at least 35 people and sending shock waves through the Old Town tourist district. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Opportunity Knox. But memoir's release a risk

Lesbian trysts and suicide, police corruption and murder — it's easy to see why publisher HarperCollins paid $4 million US for Amanda Knox's memoir from the murder case.

Waiting to be Heard is being released Tuesday, along with Knox's first TV interview, five and a half years after the murder of British student Meredith Kercher — for which she was convicted and then acquitted.

But the plans have been rocked by a pending re-trial for Knox and her alleged accomplice, ex-boyfriend Raffaele Sollecito, after the Italian Supreme Court overturned their acquittal.



The memoir to be released Tuesday.

Although HarperCollins denies that there are "legal problems" for the book, it may provide ammunition for prosecutors.

KIERON MONKS/METRO WORLD NEWS

Social media report

70% admit being regular users

Almost seven in 10 Internet users said they regularly go on social media, logging on at least once a month, according to social networking statistics in a report by the Media Technology Monitor. THE CANADIAN PRESS

Women in locker-room

Cherry's views are his own: CBC

Don Cherry isn't speaking for the CBC when he says women have no place in sports locker-rooms, the head of media relations said Monday. But Chuck Thompson says the CBC has no plans to discipline him. THE CANADIAN PRESS

NBA veteran Collins comes out as gay

Support from players. Kobe Bryant tweeted, 'Don't suffocate who u r because of the ignorance of others'

NBA veteran Jason Collins has become the first active male player in the four major American professional sports to come out as gay.

The 34-year-old centre, who has played for six teams in 12 seasons, wrote a first-person account that was posted on Sports Illustrated's website Monday. Collins finished the season with the Washington Wizards and is now a free agent. He says he wants to keep playing.

"If I had my way, someone else would have already done this," he writes. "Nobody has, which is why I'm raising my hand."

Collins played in a Final Four for Stanford and reached two NBA Finals. His twin brother, Jarron, was also a longtime NBA centre. Collins says he told his brother he was gay last summer.

Former U.S. President Bill Clinton said it was "an important moment for professional sports and in the history of the LGBT community." THE ASSOCIATED PRESS

Quoted

"We view that as another example of the progress that has been made and the evolution that has been taking place in this country."

White House spokesman Jay Carney, who called Collins' decision courageous and says the White House supports him.

Jason Collins is the first active male player in the four major American professional sports to come out as gay. BRUCE BENNETT/GETTY IMAGES FILE

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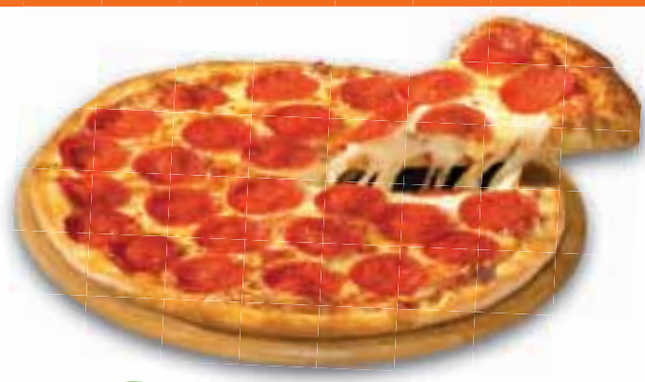

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New York City

World Trade Center to get last pieces of spire installed

One World Trade Center, the skyscraper that replaces the fallen twin towers in New York City, is about to receive the last pieces of its crowning spire, a 124-metre structure built in part in Canada. THE ASSOCIATED PRESS

The top of One World Trade Center is shown under construction on April 26. THE ASSOCIATED PRESS

Montreal

BMO to open tiny bank branches

The Bank of Montreal is launching a plan to open tiny bank branches that will be staffed by just a handful of employees.

Chief executive William Downe says the bank is opening what it calls a "studio" branch next week in a Montreal condo building. The 900-square foot location will have just four employees. Downe says the branch is integrated into the condo development.

BMO has test-marketed the "studio" branch model in Quebec with the intention of extending it right across its footprint, Downe told a Canadian Club luncheon. He says the bank has to connect with customers where they live.

THE CANADIAN PRESS

Market Minute

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Natural gas: $4.38 US (+23¢)
Dow Jones: 14,818.75 (+106.20)

CBC exec is Twitter-bound

#careermove. Kirstine Stewart to be managing director for Canada at microblogging service

CBC executive Kirstine Stewart is leaving the public broadcaster for Twitter Canada.

The CBC says the English services boss has accepted a position with the San Francisco-based social media company and is leaving CBC/Radio-Canada immediately.

And in a tweet on Monday, Twitter's recently established Canadian division said Stewart will be its new managing director of Canada.

Stewart has been at the public broadcaster for seven years.

The CBC says a recruitment process to find a replacement for the role of executive vice-president of English services will be launched immediately.

Stewart says she's had some of the happiest moments of her life at the CBC and has been "honoured to represent such an important name to Canadians."

THE CANADIAN PRESS

Kirstine Stewart THE CANADIAN PRESS FILE

Now hiring

- Twitter Canada is also looking to hire an account executive and an account manager. For details, check out twitter.com/jobs/positions.

Abuzz about EU bee protections

Protesters dressed as bees gather on Parliament Square on April 26 in London, England. On Monday, the European Union announced plans to restrict the use of three pesticides to better protect dwindling bee populations. The move was cheered by environmentalists, questioned by chemical companies and came after the bloc's 27 nations failed to agree on a common stand. EU Consumer Commissioner Tonio Borg said his agency will override the deadlock and move "in the coming weeks" to restrict three neonicotinoid pesticides on plants and cereals that attract bees. Beekeepers have reported an unusual decline in bees over the past decade, particularly in Western Europe, according to the European Food Safety Authority. It says bees are critically important to the environment, sustaining biodiversity by providing pollination for a wide range of crops and wild plants — including most of the food crops in Europe. DAN KITWOOD/GETTY IMAGES

Virtual help. Google Now takes on Siri

Google is trying to upstage Siri, the sometimes droll assistant that answers questions and helps people manage their lives on Apple's iPhone and iPad.

The duel began Monday with the release of a free iPhone and iPad app that features Google Now, a technology that performs many of the same functions as Siri.

It's the first time that Google Now has been available on smartphones and tablet computers that aren't running on the latest version of Google's Android software. The technology, which debuted nine months ago, is being included in an upgrade to Google's search application for iOS, the Apple Inc. software that powers the iPhone, iPad and iPod Touch. It's up to each user to decide whether to activate Google Now within the redesigned Google Search app, available through Apple's app store. THE ASSOCIATED PRESS

Dubrovnik. Referendum fails to stop golf complex

A landmark referendum held in Croatia has failed to derail plans for the construction of a large golf complex that could change the face of the ancient walled tourist resort of Dubrovnik.

Officials said Monday the referendum failed because only 31 per cent of Dubrovnik voters cast their ballots Sunday. The official requirement for the vote to be valid is at least a 50-per-cent turnout.

The result meant that the $1.46-billion golf course designed by Australian golfing legend Greg Norman — which includes villas, hotels, tennis courts, a horse-riding club and restaurants — will be built on the rocky Srdj hill above the historic town.

"Golf will be played on Srdj after all," said Maja Frenkel, the head of Razvoj Golf, the main Israeli investor group behind the project.

The referendum was only the third such vote in Croatia since 1991, when it voted to secede from Yugoslavia. It voted last year to join the European Union. THE ASSOCIATED PRESS

Dubrovnik old town is pictured from Srdj, the hill above the city where the golf course is to be built. THE ASSOCIATED PRESS

Social media

Mexicans fed up with string-pulling

A Mexican official's daughter has caused a scandal by sending inspectors to shut an eatery that didn't give her the table she wanted.

Many people say string-pulling and influence-wielding are all too common in Mexico, where arguments with politicians' relatives often end with the threatening phrase, "You don't know who you're messing with." The difference now is that with social media, such incidents go viral and force immediate reaction.

"As a society, we are fed up with, disgusted with this," said writer Guadalupe Loaeza. "This is an attitude of the past; it doesn't fit with the times."

THE ASSOCIATED PRESS

Economist advocates family income-splitting with a twist

A controversial federal policy that would allow families to split their incomes for tax purposes would make a lot of sense, as long as it is accompanied by other measures so that the benefits would be shared by all kinds of families, says University of Calgary economist Jack Mintz.

In a research paper, Mintz and doctoral student Matt Krzepkowski argue that the current tax system is unfair because it penalizes single-earner families.

"Given that Canada's income system aims to treat people in similar circumstances as equally as possible, it is certainly time to let couples split their income so they do not face a penalty in higher tax rates than those faced by couples bringing home the same amount of total pay," they write.

But they say the tax reform should also recognize that single-earner families have some advantages that dual-earners do not, such as more unpaid time spent raising children and taking care of the home.

The research paper raised eyebrows even before it was published Monday, mainly because it was being showcased on Parliament Hill by the socially conservative Institute for Marriage and Family Canada. THE CANADIAN PRESS

Campaign promise

- The Conservatives pitched the family income-splitting idea in the last federal election campaign, saying they'd allow individuals to transfer up to $50,000 to a spouse as long as they had at least one dependent child under 18.
- However, since the measure would cost billions every year in foregone tax revenue, the Conservatives said they would not implement the measures until the federal deficit was eliminated.

VOCAL FRYING WITH THE KARDASHIANS

SHE SAYS

Jessica Napier
metronews.ca

Aside from news anchors and a few choice loud talkers on public transit (you know who you are), it seems that most people hate the sound of their own voice.

A common complaint among self-conscious talkers is that the voice inside your head sounds a lot less nasally and annoying than the one other people are hearing in "real life."

You may never really know if your sensual, breathy voice actually sounds like a raspy smoker's growl, but that doesn't mean it's not relevant. Like it or not, other people have a habit of making assumptions about attractiveness, intelligence, competency and a variety of other factors based on the sound of your voice.

Researchers at University College London recently conducted a study on human vocal attractiveness, in which participants were asked to assess the physical appearance of an unseen speaker based on their speech patterns.

Perhaps unsurprisingly, the study proved to uphold some primitive assumptions about heterosexual gender norms. Male participants found high-pitched female voices indicating a smaller body type to be more desirable; the women preferred deep low-pitched male voices signalling a larger and more physically dominant body type.

But while men might instinctually favour female partners with high-pitched voices, many young women have been dipping down the vocal register in recent years and adopting a quirky linguistic trend called vocal fry.

Almost a counterpoint to the rising intonation of Valley Girl up talk, vocal fry is caused by slowly fluttering the vocal cords together to create a low, gravelly sound.

This so called "creaky voice" has been popularized by young female celebrities, such as Zooey Deschanel and Britney Spears, and can be heard among gaggles of teenage girls in Forever 21 fitting rooms across the country.

The Kardashian sisters are especially well known for employing vocal fry to croak out long drawn-out words at the end of their sentences.

Some find this vocal trend grating to the ear, but others argue that women can benefit professionally by purposefully lowering their voices to equalize themselves among male colleagues. New York Times executive editor Jill Abramson is renowned for her distinct guttural vibrato, and perhaps it is her low-pitched rattling voice that has helped her become the first female to head the paper in its 160-year history.

When it comes to professional success, the sound of your voice actually matters a lot more than you'd like to think. While studying speeches given by more than 100 business executives, researchers found that the speakers' voice quality accounted for 23 per cent of listeners' evaluations, while the actual content of the speech only accounted for 11 per cent.

So next time you open your mouth, remember that it's not necessarily what you say that matters most, but how you say it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

When being a crybaby pays off

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

No babies were harmed in the making of this contest

It is a sound that fills most parents with dread, but at the annual Naki Sumo — crying baby contest — in Japan, wailing and screeching is encouraged.

Eager mothers bring children to the event, where Sumo wrestlers and high priests coax babies into a state of distress. No physical pain is inflicted on the babies; the sumo wrestlers instead growl and scowl in order to get a wail.

The 400-year-old event, which marks the high point of spring, is held each year at the Sensoji Temple in Tokyo.

If both babies cry, whichever wails loudest wins.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Keeping bad spirits at bay

Traditionally, participating parents believe the Sumo-induced cries are beneficial. The babies are held high, so that their cries are closer to heaven and their mothers pray for their good health. The ritual is also believed to ward off evil spirits. **EXPRESS.CO.UK**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With live storytelling nights popping up in droves, raconteurs are getting more chances to share their tales face to face. But, for those who'd rather get their stories from the comfort of their duvet, here's a list of good listening you can do without getting out of bed.

Themoth.org:

Arguably one of the longest-running storytelling events, The Moth has been hosting "story slams" since 1997. Though it started it NYC, it's branched out to cities across North America. But for those who a) don't live in a major urban centre or b) just like to tune-in in PJs, the podcast gives you the best of both worlds. @TheMoth

Raconteurs.ca:

Originally launching as a Moth event, Toronto-based Raconteurs set out on their own in early 2012. The monthly night of real-life stories has just one stipulation for its performers: No notes. Tune in by visiting their YouTube channel at youtube.com/raconteurstoronto.

StoryCorps.org

One of the biggest oral history projects in the U.S., StoryCorps records conversations between family and friends to "honour lives through listening." Tune in using their iPhone app or straight from the site. @StoryCorps

Comments

RE: Prof wants to test benefits of nose-picking, published April 24

I think more people do it than we think. And I find it funny that those who don't pick their nose find it so revolting when really it isn't.
Katie, posted to metronews.ca

I'll volunteer my kids. They both do it anyway ...
James Ellis, posted to metronews.ca

Well, I'm not sure about nose picking, but I've been biting my fingernails for my whole life, and I have thought about the same thing. Maybe small bits of germs help keep me healthy over time! I almost never get sick ... But I chew on my nails more than is socially acceptable ...
George Denton, posted to metronews.ca

I hope this professor hasn't applied for and obtained a government grant to do such a study. **NO_MAS_BS, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro

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DVD reviews

Silver Linings Playbook

Director. David O. Russell

Stars. Bradley Cooper, Jennifer Lawrence, Robert De Niro

●●●●●

David O. Russell's drama of mental health and family discontent steadily becomes a grinner about a dance contest with an outcome worth caring about. Blessed with both Oscar and TIFF wins, it's the best comedy of the past year. It revolves around Pat Solitano (Bradley Cooper), a Philadelphia teacher with anger management issues. He's a regular ray o' sunshine, as long as you don't rile him. He's working on winning back his wife, who left him and now has a restraining order against him. But this strange girl, Tiffany (Oscar-winner Jennifer Lawrence) won't leave him alone. She has mood swings, too, and so does Pat Sr. (Robert De Niro), especially when his beloved Philadelphia Eagles fail on the gridiron. Good thing his devoted wife (Jackie Weaver) keeps him in snacks. Russell has his work cut out for him making sense of this crew, let alone winning our sympathies. But he pulls it off, even if the ending is a little untidy.

Neighbouring Sounds

Director. Kleber Mendonça Filho

Stars. Irma Brown, Sebastiao Formiga, Gustavo Jahn

●●●●○

Do you define the sound of anxiety as the steps of an approaching person, the bark of a restless dog or the din of an incessant music box? How about an upbeat pop song played at a downbeat moment? In Neighbouring Sounds, the feature debut by Kleber Mendonça Filho, it's all of these things and more. The gifted Brazilian writer/director uses sound almost as a character in his film, which won two prizes at the 2012 Rio Film Festival.

PETER HOWELL

Authentic LL Cool J

New album. On the heels of Accidental Racist, veteran rapper talks charts, controversy and always trying to prove himself

LL Cool J says Accidental Racist, his collaboration with Brad Paisley, was misunderstood. GETTY IMAGES

Rap legend LL Cool J is about to release his first album in five years, but he's been in the news lately for an entirely different reason: his controversial Accidental Racist collaboration with white-hatted country star Brad Paisley.

The quirky single was posited as a conversation between Paisley, representing white Southerners, and LL, with Paisley trying to explain the supposedly innocuous intention behind his Confederate flag-branded T-shirt while his New-York-reared counterpart simultaneously tries to understand while also explaining how the symbol makes him feel.

Well-meaning though it was, the song and its race-probing lyrics, including LL's couplet "If you don't judge my do-rag/I won't judge your red flag," touched off a firestorm online — USA Today mused on whether the tune was an "epic fail" while a piece in the Atlantic was headlined Accidental Racist is Actually Just Racist.

Certainly, LL himself noticed the passionate reaction.

"That's the first song that I've ever done that (brought), like, CNN headlines!" the 45-year-old rapper told The Canadian Press in a telephone interview over the weekend with a hearty laugh.

With his new album, Authentic, out today, LL Cool J talks bucking rap trends, ignoring the charts and, yes, the overwhelming response to Accidental Racist.

The album features collaborations with artists across all genres — you've got Eddie Van Halen, Bootsy Collins, Seal, Chuck D of Public Enemy, Tom Morello, Travis Barker, Snoop Dogg, Monica and Brad Paisley, among others. What guided those decisions?

I didn't want any boundaries. I wanted to make a limitless record. Working and hosting the Grammys and being around so many types of great musicians, it really just made me realize how I love all types of music. I wanted to make an album that didn't pigeonhole me in one specific area. I didn't want to make an album that was only for a certain type of people or a certain type of stereotype. I wanted to make an album that music fans would love.

You've said this is the first time you made a record without worrying about charts. Why?

Because, man, if it was all about charts and numbers and airplay and all that stuff, then I would have went and tried to bribe all the youngest, hottest artists to be on the album. In terms of whoever the current top star is, the normal cast of players. But I just feel like that can come off a bit contrived and be a bit incestuous, you know what I'm saying? It just is not where I'm at as an artist. I just felt like, you know what, I'm going to have to take the bull by the horns and make music for myself, and not be concerned with charting and positions and what people think about the scan. I didn't consider any of that. I just made something from the heart.

I wanted to break out of all those moulds and all those boxes we put hip hop records in, and do something special, something that would mean something in 20 years.

Your song with Brad Paisley, Accidental Racist, prompted some really strong reaction, much of it negative. Did you pay attention to it, and what did you make of the response?

Yeah, I paid attention to it. I thought, obviously at the extreme ends of the spectrum, people totally missed the point and just drew the wrong conclusion. I think people in the centre got it and it created a conversation, and caused people to think about that issue. And I think that's a healthy thing for America. I think that it shook up some bruised blood and got people to have a conversation. ... So I have to say man, I think we did our job as artists. It's like the '60s, man. When people made songs, they had to matter. ... I can't guarantee all songs are going to have that kind of whirlwind effect, but it's nice to do something that matters. I'm grateful. THE CANADIAN PRESS

LL still out to impress

"Oh man, I definitely have something to prove. The thing I have to prove is that I can make a great record. ... That'll never go away. I want to show people I have the ability to make great music. I always have something to prove. Without a doubt. And as an artist, all we want to do is see people happy when they listen to the music and know that they enjoy the music. That's a wonderful feeling."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Johnny Depp. ALL PHOTOS GETTY

Are Depp and Rum Diary co-star Heard back on?

It looks like Johnny Depp and his Rum Diary co-star Amber Heard are back together, as the rumoured couple was spotted hand-in-hand at the Rolling Stones' surprise concert at a small Los Angeles club over the weekend, according to E! News. Depp and Heard were rumoured to be dating shortly after Depp's split with his girlfriend of 14 years, Vanessa Paradis, though reps for both parties have refused to comment on the relationship.

Miley Cyrus

Cyrus happy to be engaged and tight lipped

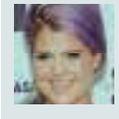
Despite rumours of trouble between them, Miley Cyrus says being engaged to Liam Hemsworth feels like the most natural thing in the world — but she wants to keep it to herself, according to Elle UK. "We have a house together and dogs," she tells the magazine. "It just seems right to be wearing this ring and to be committed. But we keep our relationship low-key and don't talk about it anymore."

Not talking about things as much seems to be a new guiding principle for Cyrus, who has scaled back on the personal nature of her Twitter output. "We were too nice to the world and gave them too much insight and I just don't feel like they get that privilege anymore," she says. "Like on my Twitter, I'm much more ... not conservative, but don't get that personal stuff anymore."

Twitter

@MARLONWAYANS

I feel bad for every chick over 25 in a club ..... Get out of there!!!



@MissKellyO

If there was an award for a twitter member with the worst spelling/typos i would win it!

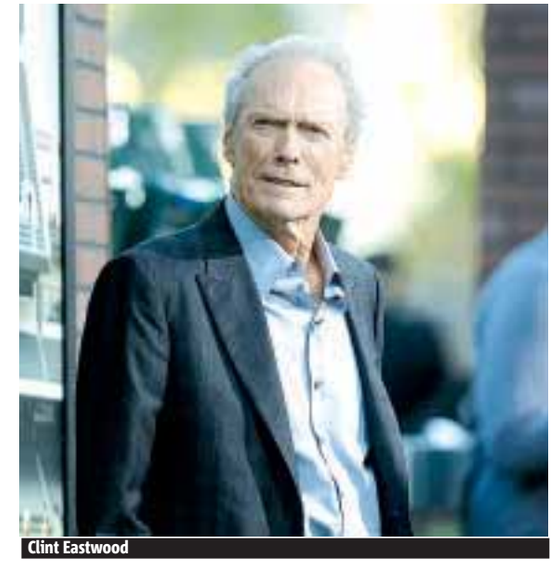
@mindykaling

It is gorgeous in New York right now, I'm scared I'm going to get swept up and look at real estate here

The Word

Lopez looking to the future as Idol return talks begin

It turns out that it was Jennifer Lopez herself who initiated the talks last week for her to possibly return to American Idol, replacing her replacement, Mariah Carey, according to Radar Online. "J.Lo had her manager, Benny Medina, approach Fox to alert them of her interest in rejoining Idol," a source says. "(Her) twins will enter kindergarten in the fall, and stability is important for them — and J.Lo — at this time. She's looking for possible schools for the kids in Los Angeles at the moment." But the source is quick to point out that it was never Lopez's idea that she be swapped in for Carey this season as a fix for flagging ratings — a plan that was reportedly pursued and then scuttled when Carey's camp threatened legal action. Lopez was only looking to return next year. "If there was a 'secret plot' to replace Mariah, as has been suggested, then it was all Fox," the source says. "J.Lo's approach was about the future, not the present. She's talking about next season." Carey's contract only covers one season of the reality competition.



Clint Eastwood

Ring-less Eastwood adds fuel to marriage woe gossip

Clint Eastwood's latest fashion choice hasn't helped quell rumours that he and wife Dina are on the outs. The 82-year-old actor and director has been spotted around Los Angeles recently without his wedding ring, according to Radar Online. He also went ring-less when he took 16-year-old daughter Morgan to the Coachella music festival two weeks ago. The couple hasn't been photographed together since November 2011, and Dina has reportedly checked herself into a treatment facility because of depression and anxiety brought on by their marital troubles.

Chris Brown and Rihanna

Chris Brown's dad agrees with Rihanna's fans

Rihanna fans aren't the only ones who don't want her and Chris Brown to be an item again. Apparently Brown's own father, Clinton, is against the reunion. "I personally really didn't want him and Rihanna back together," Clinton tells the New York Daily News. "You have to have a balance in a relationship. You have to have someone who is spontaneous but you also have to have someone who is grounded and logical." Still, Clinton admits, there is an obvious appeal to Rihanna. "She's beautiful and successful," he concedes. "You just need that person who will listen to you without judging, who knows what it feels like. If he talks to someone who's not in the business they may not understand."

How yoga can help your run

Fitness. Running isn't just about speed, and this yoga sequence won't make you run faster, but better

ROMINA McGUINNESS
life@metronews.ca

Use your yoga to make you a more complete runner. HANDOUT PHOTO

This is what happens to your body when you run

Running is great cardio, but it's not very well rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at London's top health centre, Triyoga.

"As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same 'out of synch' motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do.

Why? To prevent injury, warns Denham-Jones.

"If things get too tight, and you then try and do something like increase your stride, you risk to pull your hamstrings. And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

No, yoga will not make you run faster. If that's what you're after, train harder. But what it does offer is injury prevention through stretching and strengthening the body.

"Recovery is crucial; no one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body," she adds.

Learning to let go of your ego and toes

Yoga is about respecting the body and not being too egotistical.

"It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip any injuries in the bud, before they blow up. Another benefit is that, as yoga is done bare foot, you can't rely on shoes to support your ankle and so your muscles are doing all the work and they'll inevitably get stronger. You're also stretching the tendons and increasing, suppleness through the foot," says Denham-Jones.

TENSION RELEASING SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion

KATHRYN BUDIG, AUTHOR OF THE WOMEN'S HEALTH BIG BOOK OF YOGA

Single Pigeon

Helps to open up the hip flexors and increase range of motion

Crescent Low Lunge

Stretches out the hamstrings and improves balance.

Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs.

Seated Forward Fold (with strap)

Stretches the shoulders, spine and the hamstrings

Montreal musician Rae Spoon, 32, prefers to be referred to by the pronoun they. J.J. LEVINE

Just call me they

Transgender. Rae Spoon doesn't want to be called she — or he

Canadian singer-songwriter Rae Spoon identifies not as a woman, not as a man, but somewhere in between.

To Spoon, and what appears to be an increasingly vocal minority, gender is "more like a whole galaxy."

Which introduces the problem of pronouns. Spoon says he has expectations of maleness, she of female. So Spoon, 32, likes to be referred to as "they." Others prefer "ze" and "hir" (pronounced "hear") or "per" (short for person).

The last decade has seen the growth of the transgender community. The community includes transsexuals — those who aspire to be the opposite gender of the one they were assigned at birth, and perhaps have surgery and/or hormone treatment to achieve that end. But not all transgender people want to be male or female.

"This might be new for many of us," concedes Sheila Cavanagh, sexuality studies program co-ordinator at York University, "but there is a reluctance to recognize a whole host of ways of being gendered that isn't determined by our bodies. We have to challenge our presumptions that to be a man is to necessarily be masculine and to be a woman is to necessarily be feminine."

Throughout history there have been people who blurred gender roles. Joan of Arc wore masculine dress and is cited as an example of cross-gender activity, and in First Nations there have been gender non-conforming people.

The language around this realm can be confusing. Terms include gender non-conforming, gender-independent, gender-variant and gender-queer, the latter preferred by younger people.

Use of language can be fluid. Ivan Coyote, a writer who sometimes works with Spoon, likes to use "they," but when performing in schools also uses she in self-reference. "I have a fairly masculine presence, so in schools I use 'she' because I want to present as wide a spectrum as possible of what a female-assigned person or she person can look like."

How does Coyote want to be referred to for this story? "An artist. Author of 10 books. An activist with youth. A human being. A musician. I'm so many more things than my gender and so much more than someone who doesn't fit into a gender box."

Why is it so important? "I'm walking down the street and a guy follows me in his truck for three blocks and pulls over to ask if I am a man or a woman. That happens to me every day — some version of trying to figure out what gender I am, how much respect he has ... and whether he's allowed to feel sexual attraction ... and he does not know how to relate to me until he can understand what gender I am."

Another question: Has Coyote had sex-reassignment surgery? Why ask, Coyote responds. "If you don't fit into the gender binary, it's acceptable to ask if you had surgery when they are really asking about your genitals. You wouldn't ask a woman if she had breast surgery."

We can try, for the purposes of this story, to refer to Spoon as they. It's not easy. Spoon, who was raised as a girl in an evangelical family in Calgary and now lives in Montreal, came out as transgender 10 years ago and started using the pronoun "he" instead of "she." But now, they felt there were certain expectations that came with male identity. "Even in the queer community, there would be pressure," they said. "You are supposed to do male things. As if you are expected to earn your pronoun..."

On the other hand, there were encounters with people who said Spoon was a woman. "'You have hips.' 'You don't have facial hair' or 'Your voice is high.' But not one of those things makes you male or female."

There were further probing questions: Why not have surgery or hormone therapy — which Spoon has not — to look male/masculine. Now Spoon chooses to use "they."

TORSTAR NEWS SERVICE

He vs. She vs. They

"Gender expectation comes out of sexism. Coming out using the 'they' pronoun is refusing to accept a role. Anyone can refuse it." Canadian singer-songwriter Rae Spoon

Neither gender

Australia and New Zealand now allow citizens to be neither male nor female on their passports. Canada and the U.K. are considering a similar move.

With or without Her: A sister's memoir

Christa Parravani. To understand her twin sister's downward spiral, the author follows in her footsteps, losing her marriage and nearly her life

ALISON BOWEN
Metro World News in New York City

In the gripping memoir Her, Christa Parravani describes what it was like to grow up alongside — then lose to a drug overdose — her identical twin.

And she begins with a startling statistic: After a twin dies, the surviving twin's life is immediately at risk.

In her attempts to understand her sister's downward spiral (which starts by eating one of her pills, found wedged in a crack on the kitchen floor) she follows in her footsteps, losing her marriage and nearly her life.

She told Metro about using the book as a way to crawl out of that space — to pen the memoir, she incorporated some of her sister's writings, found under her bed in a Tupperware container.

How did you decide when to use Cara's writings?

When something would get really difficult for me — it felt too emotional or I'd gotten to a place where I felt like I couldn't go on because I was exhausted, I was sad or I just kind of plain missed her — I thought, here's the moment to allow Cara into the book.

In the beginning of writing, she was appearing a lot. As time went on and I got more confident in my abilities as a writer and I got further from the grief, I found I needed to rely on her less and less.

Did you make a decision to be so unflinchingly honest?

I wrote the book as if no one would ever read it. It was sort of a love letter to my sister. It was a way to tell her that I loved her and not to be forgotten. In order to write a book that tells truths that are necessary, you have to forget about embarrassing yourself.

Christa Parravani used some of her sister's writing she found in a Tupperware container, in her memoir Her. HANDOUT

Take the difficulty out of scalloped potatoes in 6 steps

MAIJA MOMENTS
YummyMummyClub.ca

Scalloped potatoes are among my favourite kind of potatoes and are the best starchy side dish to ham.

While I admit this side dish typically takes a bit more effort than your typical Canned Soup Mom recipe, I promise this is a simplified version. And because these potatoes always taste better the next day, you can make them the night before.

1. Wash, peel and thinly slice potatoes.

2. Butter 9 x 13 casserole dish. Layer 1/3 potatoes, 1/3 butter, 1 tbsp flour and 1/3 cheese. Repeat (potatoes, butter, flour, cheese).

3. Follow with final layer of potatoes and top with remaining 1/3 butter.

These scalloped potatoes go great with your favourite entree. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

4. In a bowl, mix 2% milk, coarse salt and dried mustard or paprika, and pour over top of potatoes.

Ingredients

- 8-10 medium potatoes (Russet or Yukon Gold are best)
- 1/4 cup cold butter, cut into small squares
- 2 tbsp flour
- 2 cups shredded cheddar cheese, divided (old or medium cheddar is best)
- 2 cups 2% milk
- 1 tsp coarse salt
- 1 tsp dried mustard or paprika

5. Cover with tin foil and bake in preheated 350 F oven for 1 – 1 1/2 hours until potatoes are soft and bubbly. Sprinkle with remaining cheese and bake uncovered for another 15 - 20 minutes.

6. Serve with your favourite entree.

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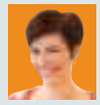
Digging up health



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Which letter in the alphabet should there be more of? Morels!

Sorry.

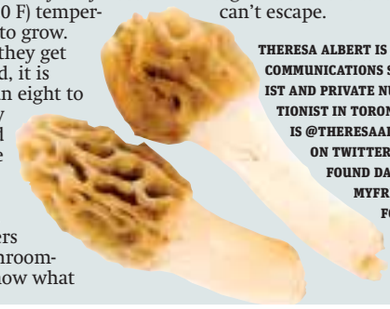
Spring marks the big thaw and the sprouting of luscious things from the earth. Morels come from spores that are carried on the roots of trees and they require loamy, moist soil that is in shade.

Morels tend to come early as they only need a low (50 F) temperature to grow. Once they get started, it is only an eight to 10 day period before they are ready. Hunters and shroomers know what to look for to gather them in the wild, but the novice needs to depend upon farmers markets and grocery stores.

All mushrooms contain trace minerals that fill in the gaps the rest of your diet leaves. Morels serve up vitamin D, copper and iron.

By far the best way to cook them is in a cast iron skillet that has been heated to very high heat. Well rinsed and dried on paper towel, the mushrooms can be added whole after a knob of butter has melted.

Do not crowd the pan. Be sure to let the morels brown rather than steam as they do if they are too close together and the water can't escape.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. English Muffin Cheese & Tomato Sandwich

1. Heat the toaster oven or conventional oven to 400 F. Line a baking sheet or pan with foil.

2. Toast the English muffin halves until lightly coloured, about 3 to 4 minutes.

3. Top each muffin half with a slice of cheese, then a slice of tomato, a sprinkling of oregano and a bit of the Parmesan cheese.

4. Arrange the muffins on the prepared baking sheet, then return them to the oven and toast for 10 minutes, or until the cheese is melted and bubbly at the edges and the tomato is hot and cooked through. Let cool for several minutes before serving.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Ingredients

- 4 English muffins, split with a fork
- 8 slices of cheddar cheese
- 8 centre slices of tomato
- Dried oregano
- 2 tablespoons grated Parmesan cheese

Eat your veggies (and enjoy them) with Ratatouille Tian

1. An hour before you cook, cut eggplants crosswise into rounds about 1/8 inch thick. Set rounds in colander, then sprinkle with 1 tsp of salt. Toss to coat, then let rest for 1 hour to allow some moisture to be drawn out of the slices.

2. With paper towels, pat the eggplant slices dry. Set in a bowl and sprinkle with 1 tsp of the herbes de Provence.

3. Cut zucchini and tomatoes crosswise into 1/8-inch rounds. Place in 2 bowls and sprinkle each with 1/2 teaspoon salt and 1 teaspoon of the herbes de Provence.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 1/3 lbs small eggplants
- Fine sea salt
- 3 tsp herbes de Provence (or a mix of dried thyme, rosemary, basil and/or oregano), divided
- 1 1/3 lbs medium zucchini
- 1 3/4 lbs plum tomatoes
- Olive oil
- 2 small onions, thinly sliced
- 8 fresh sage leaves, minced
- 2 garlic cloves, minced

4. Heat oven to 350 F. Use olive oil to lightly coat 8-by-10-inch glass baking dish. Scatter sliced onions evenly over bottom. Sprinkle with 1/4 teaspoon salt and a touch of olive oil.

5. Arrange row of overlapping tomato slices along one side of dish. Pack in tightly so that they are almost upright. Sprinkle with a little sage and garlic. Follow with row of overlapping eggplant slices alongside, then row of zucchini slices, sprinkling each with a little sage and garlic. Repeat pattern until you've filled dish and used all vegetables, packing rows of vegetables together very tightly. If you have vegetables remaining at the end, slip them among their peers to flesh out rows that seem to need it.

6. Drizzle with 3 tablespoons olive oil, cover loosely with foil, and bake 30 minutes. Increase heat to 425 F and bake another 30 minutes. Remove the foil and continue baking until vegetables are tender and tips of the slices are appealingly browned, about another 30 minutes. Serve hot or at room temperature.

THE ASSOCIATED PRESS/ (RECIPE ADAPTED FROM CLOTILDE DUSOULIER'S THE FRENCH MARKET COOKBOOK, CLARKSON POTTER, 2013)

Be socially conscious and look good doing it

The tragic collapse of a Bangladeshi garment factory, which has claimed more than 350 lives, has brought renewed focus to the manufacturing practices of brands that sell affordable goods for mass consumption. While low-priced garments may prove alluring, there has been a growing movement among many to be more mindful in their buying habits. Dara O'Rourke, a professor at the University of California, Berkeley, and the co-founder of GoodGuide, an online resource that provides information about the health, environmental and social performance of companies, gives his advice. THE CANADIAN PRESS

Get educated

In its online resource Shopping for Change, World Vision Canada offers suggestions for places consumers can consult such as GoodGuide and Fairtrade Canada to find out more about companies and their practices, said Cheryl Hotchkiss, senior manager of advocacy and public engagement. But the education process doesn't end there.

"I think if you're a consumer of a product and you want to find out more information about that product, it's really best for you to be directly in touch with the company that made the product," said Hotchkiss, who is also manager of World Vision's End Child Slavery campaign.

Hold companies accountable

O'Rourke said the big challenge for consumers is to go beyond the information on tags and ask retailers and brands to disclose where products are made, including details on factories and subcontractors.

"We really can't in this day and age, in 2013, we can't have the situation where high-tech, super-smart, global multinational brands and retailers literally don't know where their products are being manufactured. That's just not acceptable."

Beyond making inquiries in stores, consumers should also use public forums to ask questions about company practices, he added.

Shop local

Even if a garment says it's manufactured in Canada, the components of the item could come from elsewhere, said Brenna Donoghue, president of marketing for Ethical Ocean, a Toronto-based online marketplace for fairly traded, organic and eco-friendly products.

"The tricky thing is when you're shopping in really big stores, getting that information is quite hard," she said. "You can obviously find out the country that manufactured it on the label, but finding out where the components came from is often not knowledge that the staff has.

Check certifications

Donoghue said while buying clothing, she tries to seek out garments made of fabrics like organic cotton — and not just because it's environmentally friendly.

"I know that the workers that are growing that cotton in the first place aren't being exposed to really atrocious chemicals, and often, when something is organic it also comes fair trade," she said.

"The great thing about that combination is that you know that the company is paying fairly for those items, and as well, you can trust that it's not filled with chemicals that will make you sick."

Buy secondhand

... or be prepared to possibly spend more. Donoghue said there are many ways to make inexpensive purchases when it comes to socially responsible shopping.

"It can be really cheap to go and buy a pair of jeans at Walmart or any big-box store like that. Similarly, you can go down the street to a thrift store and buy a pair of jeans even cheaper," she said. "You're helping the environment by doing so, and that can actually save you quite a bit of money."

Lessons from Boston and Texas

YOUR MONEY
Alison Griffiths
money@metronews.ca

The recent tragedies in Boston and in West, Texas, are reminders that disaster can hit with the speed and force of a tornado. In light of the two U.S. catastrophes, this might be a good time for readers to take a hard look at their lives. Ask yourself what you appreciate about yours and what you can do to improve things. This isn't about a total makeover, more a gentle review.

Consider the following:

Your abode: What do you like about where you live? Can you improve your quarters? It could be something as simple as a bit of paint, hanging a print on the wall or getting a few cheerful plants. If costs are crushing you perhaps there is an alternative.

Your job: Do you feel stuck? What aspects are rewarding? If you don't like what you do, are there ways to change it to increase your satisfaction, even if it means less money?

Life outside work: Do you have one? Is there something that feeds your soul and is unrelated to life's many obligations? It doesn't have to be expensive.

Spend on what you love: Try to eliminate anything that doesn't reward you. We shell out huge amounts in mindless haste. Slow down and ask yourself if spending that dollar really enhances your life.

Witnessing tragedies as happened in Boston and Texas is a reminder of our fragility. Examining how we spend and live gives us control over and appreciation of whatever years are available.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

A new bitter rivalry ready to emerge?

NHL playoffs. Animosity absent so far as Sens prepare to meet Canadiens for first time in post-season

The Senators and Canadiens meet in the playoffs for the first time starting Thursday night at Montreal's Bell Centre. The scrappy seventh-seed Sens will look to oust a Canadiens club that vaulted from last place at the end of last season to second place at the end of this lockout-shortened campaign. RICHARD WOLOWICZ/GETTY IMAGES FILE

A tough battle awaits Montreal against the Ottawa Senators in the NHL playoffs, but the Canadiens will gladly take it after what happened last year.

The Canadiens were dead last in the Eastern Conference a year ago and by late April were well into their off-season routines. Now they face a best-of-seven first-round series against their closest geographical rival.

"It's tough when you finish in 15th place," defenceman P.K. Subban said Monday. "Some guys are going home right now and some are going to the world championship.

"Some are going to start training in another week and a half. We're still playing hockey. We're privileged to do that."

The Senators are also looking forward to a first meeting with Montreal.

"They have a pretty good team over there," said goalie Craig Anderson. "They have come a long way all year and they found a way to win the division, especially after having a sub par year last year, so they are definitely feeling good about themselves."

The Canadiens ended up second in the conference when the Senators knocked off the Bruins 4-2 in Boston on Sunday night in a game postponed by the Boston Marathon bombing two weeks ago.

The series gets underway at Bell Centre on Thursday night. The teams have never really had a heated rivalry, but that may change when they meet in the post-season.

It isn't likely to be the most physical series, but should be a close one between two skilled clubs who each went 2-1-1 against the other this season.

However, the Senators were missing four key elements for much of the season in Anderson and defencemen Erik Karlsson and Jared Cowen — who all recently returned to the lineup — and still-sidelined centre Jason Spezza.

Karlsson emerged as a star last season when he won the Norris Trophy as the league's top defenceman and his return from an ugly skate cut is a huge boost to Ottawa's attack, especially on the power play.

In his absence, Subban has become a Norris candidate with 11 goals and 38 points in 41 games. THE CANADIAN PRESS

Quoted

"Erik's a great player and I'm sure he'd say the same thing — this series isn't going to be decided by two players."

Canadiens defenceman P.K. Subban on Senators blue-liner Erik Karlsson.

NHL draft lottery

Avalanche to pick first in 2013

Finishing last in the Western Conference standings and out of the NHL playoffs paid huge dividends for the Colorado Avalanche on Monday.

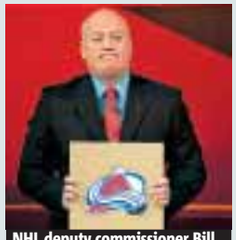
Colorado won the NHL draft lottery and the right to make the first pick in this year's entry draft. The Avalanche had an 18.8 per cent chance of winning the lottery after finishing the regular season with a dismal 16-25-7 record.

The Florida Panthers, who finished last overall with a 15-27-6 mark, had the best odds of winning at 25 per cent. But they will have to settle for the No. 2 pick when the draft is held June 30 in Newark, N.J.

The Avs will have first dibs on Portland Winterhawks defenceman Seth Jones, the No. 1 ranked North American skater according to the NHL Central Scouting Bureau.

The remaining teams, in order of selection based upon the lottery, are Tampa Bay, Nashville, Carolina, Calgary, Edmonton, Buffalo, New Jersey, Dallas, Philadelphia, Phoenix, Winnipeg and Columbus.

THE CANADIAN PRESS



NHL deputy commissioner Bill Daly announces the Colorado Avalanche as winners of the draft lottery on Monday night in Toronto. THE CANADIAN PRESS

Bruins have the upper hand against Leafs

Diagnosed with an 'upper body injury,' Tyler Bozak, left, skates during a Maple Leafs practice on Monday in Toronto. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Tyler Bozak hardly practised, Phil Kessel didn't speak and Nazem Kadri crashed the net, literally, at the Leafs training centre on Monday.

The playoffs haven't even started yet, but already there are no shortage of storylines surrounding Maple Leafs.

Toronto (26-17-5) makes its long-awaited return to the post-season on Wednesday in Boston with coach Randy Carlyle declaring the fifth-seeded Leafs the underdog against the fourth-seeded Bruins.

General manager Dave Nonis agreed that Boston (28-14-6) enters the series as favourite.

"I don't think that that means anything," he added. "You can term a team the underdog but you have to play the games."

Carlyle was more concerned about his team than the Bruins, saying the Leafs have to get back to playing their style of hockey — skating, forechecking, clearing the defensive zone and relying on their special teams. Not all the pieces for success are in place, though.

Bozak has missed the last two games with an upper body injury — observers point to a possible shoulder injury in last Wednesday's game against Tampa Bay. Carlyle called him day-to-day.

There were some anxious moments when Kadri went flying into the goal on a drill. He continued practising but paused briefly to have a trainer put a bandage near his hip.

Kessel has been quizzed repeatedly about Boston and his struggle to excel against them. The Bruins have put hulking defenceman Zdeno Chara on the ice whenever Kessel jumps over the boards — to great effect.

THE CANADIAN PRESS

The beasts of the East

After a truncated 48-game regular season, the National Hockey League playoffs are about to begin. Here are five Eastern Conference players to watch in the post-season:

THE CANADIAN PRESS

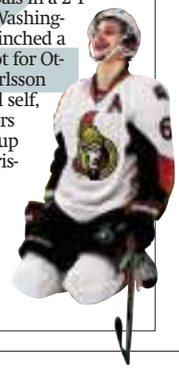
Photos by Getty Images

Evgeni Malkin

Pittsburgh finished first in the East despite injuries to several top players, including Malkin, Sidney Crosby and James Neal. Malkin, who nursed an upper-body injury late in the season, is usually a playoff point machine. He had a whopping 36 points in 24 games during Pittsburgh's run to the Stanley Cup in 2009.

Erik Karlsson

Ottawa's star blue-liner missed 31 games with an Achilles tendon injury but had an immediate impact upon his return. He assisted on both goals in a 2-1 win over Washington that clinched a playoff spot for Ottawa. If Karlsson is his usual self, the Senators may keep up their surprising ways.

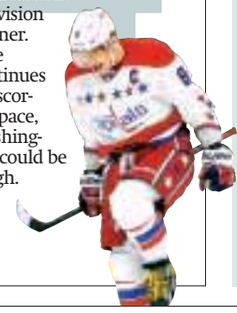


James Reimer

The young goalie is a big reason the Maple Leafs broke their playoff drought. He handled the starting job with aplomb this season, despite rumours that Toronto was seeking an upgrade. Reimer's steady play gave the Leafs a much-needed confidence boost and has Toronto primed for some long-awaited playoff hockey.

Alex Ovechkin

After a sluggish start to the season, Ovechkin carried the Capitals to the Southeast Division title. The Capitals have fewer points than some teams below them in the standings but get the No. 3 seed as a division winner. If he continues his scoring pace, Washington could be tough.



P.K. Subban

The young defenceman has helped turn Montreal into contenders again. Subban is averaging nearly a point a game and logs plenty of ice time. He's also not afraid to throw his weight around. Subban is known for the energy and excitement he brings to the Canadiens.

What's up, doc?

Crosby says he won't play until given green light

Penguins star Sidney Crosby practised Monday but his status remains uncertain for Wednesday's playoff opener against the New York Islanders.

Crosby hasn't played since breaking his jaw a month ago, missing Pittsburgh's final 12 games of the regular season. He underwent dental procedures and was cleared to return to non-contact drills last week. Crosby says he'll see doctors again Tuesday and will not play until he is given clearance.

The Penguins thrived in his absence, going 8-4 without their captain while locking up the top seed in the Eastern Conference.

Crosby still finished tied for third in the NHL in scoring despite missing a quarter of the season. He had 15 goals and 41 assists in 36 games.

THE ASSOCIATED PRESS

Islanders on shore again for post-season action

Mark Streit is a rarity for the New York Islanders. The veteran defenceman is one of the few players who, when given the chance to go anywhere, actually chose to play in Long Island.

Nearly five years after he signed his free-agent contract, Streit is about to wear the team's orange and blue sweater in a playoff game for the first time.

"It's amazing," the Islanders captain said Monday after practice. "It's a great feeling. The past was some rough years, definitely."

The Swiss defenceman had logged three seasons with the Canadiens when he hit the free-agent market in the summer of 2008. Five years later, the move is finally paying off with a cast of players that weren't around when he arrived.

With young superstar John Tavares leading the way and veteran Evgeni Nabokov in goal, the Islanders are in the playoffs for the first time since 2007.

"The future is bright," Streit said. "There are a lot of young guys on the team and there is a veteran presence, as well, so it's a good mix. The future in Brooklyn looks great, as well."

Isles forward John Tavares, right, battles Brandon Sutter of the Penguins for the puck on Feb. 5. BRUCE BENNETT/GETTY IMAGES FILE

The Islanders (24-17-7) know they have nothing to lose once their first-round series against the Penguins begins Wednesday in Pittsburgh. If they can win at least one of the first two games on the road, they will return to what will surely be a raucous Nassau Coliseum for a Game 3 matinee on Sunday.

"They are the best team in the Eastern Conference and it's a big challenge for us, but we beat them, too, this year," Streit said. "In sports, nothing is impossible. They are the big favourite, but it starts at 0-0 and we want to give them a good series."

THE ASSOCIATED PRESS

Quoted

"We are asking our guys to be relaxed and focused. That's all I am asking them to do."

Islanders coach Jack Capuano on his team heading into a first-round series vs. the Penguins.

Who's in net? Schneider still ailing with mystery injury going into Round 1

Vancouver Canucks goaltender Cory Schneider returned to practice Monday, but his status for the first game of the Stanley Cup quarter-finals against the San Jose Sharks remained uncertain.

Schneider was injured April 22 in a win over Chicago, when he played the whole game without any apparent discomfort. He had not practised with the team since then and missed Vancouver's final two regular-season games, but worked out briefly with an assistant coach Sunday.

Coach Alain Vigneault reiterated that Schneider's status remains day to day.

Many hockey observers had speculated that the 27-year-old netminder from Marblehead, Mass., was not injured. But Schneider said his undisclosed ailment prevented him from playing.

"It wasn't really a rest issue," said Schneider. "It was a day-to-day injury, and I had to take some time off."

Schneider said he knows when he was injured against the Blackhawks, but declined to elaborate. He has been making progress in his recovery and hopes to play against the Sharks at some point.

Cory Schneider was injured on April 22 and has not played since. GETTY IMAGES FILE

Meanwhile, backup Roberto Luongo, who has tried to say and do all the right things all season long since an expected off-season trade did not come through, apologized for ducking reporters after a 7-2 loss in Edmonton on Saturday.

"I was pretty upset and I have to apologize for taking off on you guys," Luongo said.

"It was better for me to sit on the bus than to say some things that I would have regretted."

THE CANADIAN PRESS

The wild West's big guns

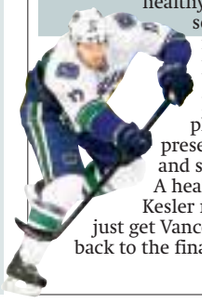
From former Stanley Cup champions to stars looking to push their teams over the hump, here are five Western Conference players to watch in the post-season:

THE CANADIAN PRESS
Photos by Getty Images

Jonathan Toews

The anchor of the Blackhawks showed again this season why he is one of the NHL's elite. The captain is a natural leader who guided the Chicago to the top of the overall standings. Toews maintained his usual point-a-game pace this year and helped Chicago become a favourite to win the Stanley Cup.

Ryan Kesler



The Canucks have a much different look when Kesler is in the lineup. He has battled foot, shoulder and elbow problems over the last year but when healthy, adds some real punch with his physical presence and scoring. A healthy Kesler might just get Vancouver back to the final.

Ryan Getzlaf

The Anaheim forward didn't coast after signing a lucrative long-term contract extension mid-season. Getzlaf averaged over a point a game and helped the Ducks to the Pacific Division title. He also knows what it takes to win. Getzlaf led the Ducks to a Stanley Cup in 2007 and added Olympic gold for Canada three years later.

Chris Stewart

St. Louis doesn't have a lot of household names on the roster — just a lot of solid players who get the job done. Stewart has stepped up to become one of the leaders on a team that is no pushover. He has come into his own with the Blues and led the team in scoring.

Jonathan Quick

The young goalie stole the show last year and guided the Kings all the way to a Stanley Cup. His numbers are down a bit this season but he's quite comfortable in the post-season spotlight. Quick posted three shutouts and had a sparkling 1.41 goals-against average in last year's playoffs.

NBA

Lopez helps Nets force Game 6

Brook Lopez had 28 points and 10 rebounds, Deron Williams added 23 points and 10 assists, and the Brooklyn Nets beat Chicago 110-91 on Monday night, cutting the Bulls' lead to 3-2 in their first-round playoff series.

Andray Blatche scored 10 of his 13 points in the fourth quarter and Gerald Wallace had consecutive baskets down the stretch as the Nets finally pulled away in a game they led most of the way, but never by too much.

Two days after rallying for a 142-134 triple-overtime victory, the Bulls were outscored 15-1 down the stretch and failed to set up a second-round series with Miami. Instead they will host Game 6 on Thursday.

Nate Robinson had 20 points and eight assists starting in place of point guard Kirk Hinrich, who bruised his left calf in Saturday's game.

THE ASSOCIATED PRESS

Tebow Time comes to an end in New York

Tebow Time is off the clock.

Tim Tebow was waived by the Jets on Monday, the end of an unsuccessful one-season experiment in New York that had been expected for months.

"Unfortunately, things did not work out the way we all had hoped," coach Rex Ryan said in a statement by the team in announcing the move.

The Heisman Trophy winner attempted just eight passes after his ballyhooed arrival in a surprising trade from the Denver Broncos in March 2012. He threw for 39 yards and rushed 32 times for 102 yards — and stunningly had no touchdowns as a member of the Jets.

Meanwhile, starter Mark Sanchez struggled amid constant questions about Tebow's playing time, and still Tebow remained mostly on the sideline. The Jets and new general manager John Idzik drafted former West Virginia star Geno Smith in the second round of the NFL draft Friday, giving New York six quarterbacks on its roster — and creating uncertainty about Sanchez's future as well.

Quarterback Tim Tebow was waived by the New York Jets on Monday. GETTY IMAGES

Tebow arrived at the team's facility in Florham Park, N.J., on Monday morning and was told he had been cut.

"Tim is an extremely hard worker, evident by the shape he came back in this off-season," Ryan said. "We wish him the best moving forward."

Tebow took to Twitter a few hours later, citing a Bible verse: "Proverbs 3:5-6: Trust in the Lord with all your heart and do not lean on your own understanding," Tebow wrote, "in all your ways acknowledge Him, and He will make your paths straight."

While everyone from Johnson to Ryan to former general manager Mike Tannenbaum to former offensive co-ordinator Tony Sparano said they were all "on board" with Tebow, it became evident early that he had no clear role, and Tebow simply didn't impress enough in practice to earn more playing time. THE ASSOCIATED PRESS

What about the CFL?

The Montreal Alouettes would welcome Tim Tebow to the CFL — provided he's willing to compete for a job as a backup quarterback.

- "If Tim Tebow wants to come to Canada we'd definitely welcome him. That's why we have him on our neg list and we'd take a look at him and see if he can play in Canada, but it would obviously be competing for a backup job," Alouettes general manager Jim Popp said.

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami wins series 4-0)
Sunday's result
Miami 88 Milwaukee 77

NEW YORK (2) VS BOSTON (7)
(New York Leads 3-1)
Wednesday's game
Boston at New York, TBA

INDIANA (3) VS ATLANTA (6)
(Series tied 2-2)
Monday's result
Atlanta 102 Indiana 91

BROOKLYN (4) VS CHICAGO (5)
(Chicago leads series 3-2)
Monday's result
Brooklyn 110 Chicago 91

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)
(Oklahoma City leads series 3-0)
Monday's result
Oklahoma City at Houston

SAN ANTONIO (1) VS L.A. LAKERS (7)
(San Antonio wins series 4-0)
Sunday's result
San Antonio 103 L.A. Lakers 82

DENVER (3) VS GOLDEN STATE (6)
(Golden State leads series 3-1)
Sunday's result
Golden State 115, Denver 101

L.A. CLIPPERS (4) VS MEMPHIS (5)
(Tie 2-2)
Tuesday's game
Memphis at L.A. Clippers, 10:30 p.m.

NHL

STANLEY CUP PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)

EASTERN CONFERENCE

PITTSBURGH (1) VS. N.Y. ISLANDERS (8)
Wednesday's game
NY Islanders at Pittsburgh, 7:30 p.m.
Friday's game
NY Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
Thursday's game
Ottawa at Montreal, 7 p.m.
Friday's game
Ottawa at Montreal, 7 p.m.

WASHINGTON (3) VS. N.Y. RANGERS (6)
Thursday's game
NY Rangers at Washington, 7:30 p.m.
Saturday's game
NY Rangers at Washington, 12:30 p.m.

BOSTON (4) VS. TORONTO (5)
Wednesday's game
Toronto at Boston, 7 p.m.
Saturday's game
Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
Tuesday's game
Minnesota at Chicago, 8 p.m.
Friday's game
Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
Tuesday's game
Detroit at Anaheim, 10:30 p.m.
Thursday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
Wednesday's game
San Jose at Vancouver, 10:30 p.m.
Friday's game
San Jose at Vancouver, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
Tuesday's game
Los Angeles at St. Louis, 8 p.m.
Thursday's game
Los Angeles at St. Louis, 9:30 p.m.

x — played only if necessary.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	18	7	.720	—
Baltimore	15	10	.600	3
New York	15	10	.600	3
Tampa Bay	12	13	.480	6
Toronto	9	17	.346	9½

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	13	9	.591	—
Detroit	14	10	.583	—
Minnesota	11	11	.500	2
Chicago	10	14	.417	4
Cleveland	9	13	.409	4

WEST DIVISION

	W	L	Pct	GB
Texas	16	9	.640	—
Oakland	14	12	.538	2½
Seattle	11	16	.407	6
Los Angeles	9	15	.375	6½
Houston	8	18	.308	8½

Monday's results
Houston 9 N.Y. Yankees 1
Detroit 4 Minnesota 3
Cleveland at Kansas City
L.A. Angels at Oakland
Baltimore at Seattle
Tuesday's games
All times Eastern
Houston (Humber 0-5) at N.Y. Yankees (Kuroda 3-1), 7:05 p.m.
Minnesota (Worley 0-3) at Detroit (Verlander 2-2), 7:05 p.m.
Boston (Lester 4-0) at Toronto (Morrow 0-2), 7:07 p.m.
Philadelphia (Halladay 2-2) at Cleveland (McAllister 1-3), 7:10 p.m.
Chicago White Sox (Quintana 2-0) at Texas (Darvish 4-1), 8:05 p.m.
Tampa Bay (Cobb 3-1) at Kansas City (Shields 1-2), 8:10 p.m.
L.A. Angels (Richards 1-1) at Oakland (Parker 0-4), 10:05 p.m.
Baltimore (Hammel 3-1) at Seattle (Maurer 2-3), 10:10 p.m.

NATIONAL LEAGUE

Monday's results
Atlanta 3 Washington 2
N.Y. Mets at Miami
San Diego at Chicago Cubs
Pittsburgh at Milwaukee
Cincinnati at St. Louis
San Francisco at Arizona
Colorado at L.A. Dodgersm

Horoscopes

♈ Aries
March 21 - April 20
Sometimes it is right to be selfish and this is one such occasion. Put your own needs first today and don't worry that some people might not like it. What matters is that your efforts are for your benefit.

♉ Taurus
April 21 - May 21
Make an effort to see the good in people rather than the bad today. There is a piece of the divine spark in every human being, though sometimes you have to dig deep to find it.

♊ Gemini
May 22 - June 21
You may be the life of the party most of the time, but you need your private moments too and you definitely need some time and space to yourself today. Keep in touch with the inner you, the real you.

♋ Cancer
June 22 - July 23
Look at your life as it is, think of your life as you want it to be then start working on things that will take you from here to there by the straightest line and in the quickest time.

♌ Leo
July 24 - Aug. 23
Don't follow the herd. Some people like their lives to be predictable and boring but that isn't for you. You're a Leo and Leos were born to be creators — and lovers too.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry about how you are going to reach your long-term goals. Cosmic activity in the sympathetic sign of Taurus is guiding you in the right direction and protecting every step you make. Believe it.

♎ Libra
Sept. 24 - Oct. 23
Your mind is full of big ideas at the moment but do you have the necessary talent to do something with them? Of course you do. Select one major aim for the month of May and work on it every single day.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to go back on something you decided to do because the going is tougher than you expected but that would be a mistake. The toughest part will be followed by the easiest part.

♐ Sagittarius
Nov. 23 - Dec. 21
Just because you are working harder than ever does not mean you will accomplish more. In fact, if the planets are to be believed, you are on the point of exhausting yourself for no good reason.

♑ Capricorn
Dec. 22 - Jan. 20
Everyone needs rules to live by but that does not mean you have to follow someone else's rules, especially if they don't feel right to you. Make your own rules today and be brave enough to live by them.

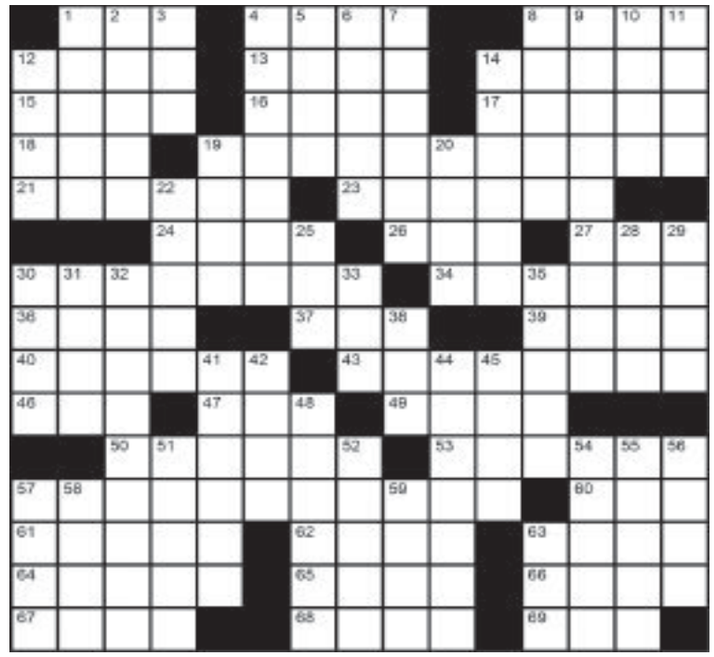
♒ Aquarius
Jan. 21 - Feb. 19
You feel a bit out of touch at the moment. The prevailing mood among your friends is different to what you feel. So what? The world is big enough for all sorts of feelings.

♓ Pisces
Feb. 20 - March 20
Try not to complicate matters today. There are no hidden meanings or motives in what other people say and do, so stop worrying. SALLY ROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Crash Test Dummies song, when repeated
4. "Phooey!" [pl.]
8. House: Spanish
12. Frolic
13. Parkay, for one
14. Type of mil. mission
15. Once, poetically
16. Actor, __ Patrick Harris
17. Brit singer Mr. John
18. Univ. web address word, sometimes
19. Midnight, April 30th: 2 wds.
21. Bow
23. "Whose Line Is It Anyway?" specialty
24. Medium, on a label
26. Toronto Raptors org.
27. Medit. locale
30. Canadian History: Farmer of New France
34. Rustling sounding
36. Old†Testament book after Genesis, for short
37. Figure skater Ms. Babilonia
39. Ancient portico
40. Sources of strength
43. Sherlock Holmes sidekick: 2 wds.
46. Mode's intro: 2 wds.
47. 'Human' suffix
49. New Zealand fruit
50. Canadian ice dancing champs, Tessa __ & Scott Moir
53. Tortilla treats
57. "The Kids in the Hall" character: 2 wds.
60. Li'l baseball official
61. WWII Riveter
62. Prefix with 'globin'
63. Prefix to 'dextrous'
64. Vows-exchanging spot
65. From square one
66. Filth
67. "__ Girls" (2004)
68. Mr. von Sydow's on
69. 'Conc' completer (Acknowledge defeat).

Down

1. Tuesday: French
2. Canadian fast food chain: 2 wds.
3. Shopping estab.
4. Western series Ottawa-born actor Lorne Greene starred
5. Author Mr. Haley
6. Swiss character in literature
7. Seriously sincere
8. Yo-Yo Ma's instrument
9. Protest participants, perhaps
10. Coming __ to a theatre near you...
11. Ms. Hathaway
12. Scornful look
14. Sketch again
19. "Hop __ __!" (Move!)
20. Some police alerts, for short
22. Where the hit song (usually) wasn't, __ __
25. 'Differ' suffix
28. "Vamoose!"
29. Meg of movies
30. "__ _ Rebel" by The Crystals
31. Botanical leaf-to-stem angle
32. Cape __, Nfld.
33. Smidgen
35. 'Real' suffix
38. Bother
41. Employee
42. Locale
44. Microsoft operating system
45. Out
48. Lena of HBO's "Girls"
51. 'Beaut' suffix
52. Nina Dobrev's "The Vampire Diaries" dual role, __/Katherine
54. Sauna-like weather
55. Darker-to-lighter highlights
56. BBQ rod
57. Study hard
58. Courtney Love band
59. Charge card, commonly
63. 'Block' suffix

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5		7				1	3
3	6		1		4	2		
		7			5			8
5						6	2	
6			2		1			9
	9	1						5
7			5			1		
		8	4		2		7	6
9	2				7		8	4

Yesterday's Sudoku

7	8	5	6	2	1	3	9	4
6	9	3	8	5	4	7	2	1
4	2	1	9	7	3	6	8	5
8	1	6	4	3	9	2	5	7
2	3	7	1	8	5	4	6	9
9	5	4	7	6	2	1	3	8
1	4	2	3	9	8	5	7	6
5	7	8	2	1	6	9	4	3
3	6	9	5	4	7	8	1	2

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 6° MIN: 6°	MAX: 2° MIN: -11°	MAX: 0° MIN: -4°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
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